

The Mount Ephraim 10k

Sunday 18th August 2019 at 10.30am

Mount Ephraim Gardens, Hernhill, Faversham, ME13 9TX

Held under UKA Rules * Licence applied for * Accurately measured course

For many years this race was organised by Canterbury Harriers and is established as a well organised and popular race. The race is now managed by Nice Work and the 2019 race will be looking to support local charities.

Your entry to the race will also secure you free family admission to Mount Ephraim Gardens - the beautiful country estate that has been owned by the Dawes family for over 300 years.

Visitors to the Edwardian Gardens will enjoy a captivating experience with breath-taking views of the Kent countryside.

****Medal to all finishers - plus plenty of goodies at the finish!**** Chip timing **

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Vet Categories 1-7, First Lady Team (of 3)

Prize giving and presentations approx 45 minutes after first runner home

Race Start: 10.30am

ENTRY FEE: 10k £15.00 attached £17.00 unattached £20 on the day
Children's Race £3

ENTRY LIMIT: 500 Postal closing date is 12th August 2019 but entries will be accepted on the day, subject to availability

PLEASE ENCLOSE: SAE **CHEQUES:** Payable to 'Nice Work'

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

MORE RACE INFORMATION AND LINKS TO ONLINE ENTRY AT WWW.NICE-WORK.ORG.UK

Please enter me for the Mount Ephraim 10k [] Children's Race []

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS.

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 18/08/2019 _____ **Sex:** Male/Female (delete as applicable)

ADDRESS _____

_____ **Post Code** _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____ **Affiliated Yes/No.** _____ **Estimated Time** _____

I declare I will be over 15 years of age on 18/08/2019 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions and will not wear headphones. I understand that the fee is not refundable and that race numbers are not transferrable.

SIGNATURE.....**DATE**.....

